Surviving lockdown....

Here we are, in March 2020

The Coronavirus disease (COVID-19) has taken over.
Reflecting......

Who am I?
When things are put under pressure and squeezed, their contents come out.

Just like when you squeeze a tomato sauce bottle, tomato sauce comes out.

Sometimes what comes out when we are under pressure surprises us or the people we know.
At the moment, people are under pressure.

What behaviours are you seeing come out?
Some people panic, stockpiling loo roll and other items, even though it may leave others short.
Some people don’t acknowledge the rules we have been given and therefore don’t follow guidelines about social distancing.
Some people get angry: they shout at others if they don't like what they see, they get stressed and can shout because they are anxious; they might feel desperate.
Some people give kindness:

- offering to do the shopping for a neighbour
- offering resources for free
- putting a leaflet through doors offering to help if people are self-isolating
- offering to volunteer
- people going back into the NHS and the police service after retiring
Some people get creative:

• Gary Barlow has started a duet each night with other famous musicians

• actors are performing shows online

• online parties are happening on zoom
Some people get creative:

Some people see opportunity in the **difficulty**: they see what they can do, not just what they can’t. They grab the chance to do things differently, to get into different routines and try new things.
Which one best describes you?
Which one best describes you?

No one wants to be in this situation.

This isn't good for anyone BUT that doesn't mean we can't choose our attitude in it.

You can't control what's happening, but you CAN control your attitude.

When you are under pressure, you can decide what comes out.